WESLO®

LYNE 3500

USER'S MANUAL

Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please contact us at the numbers or addresses listed below:
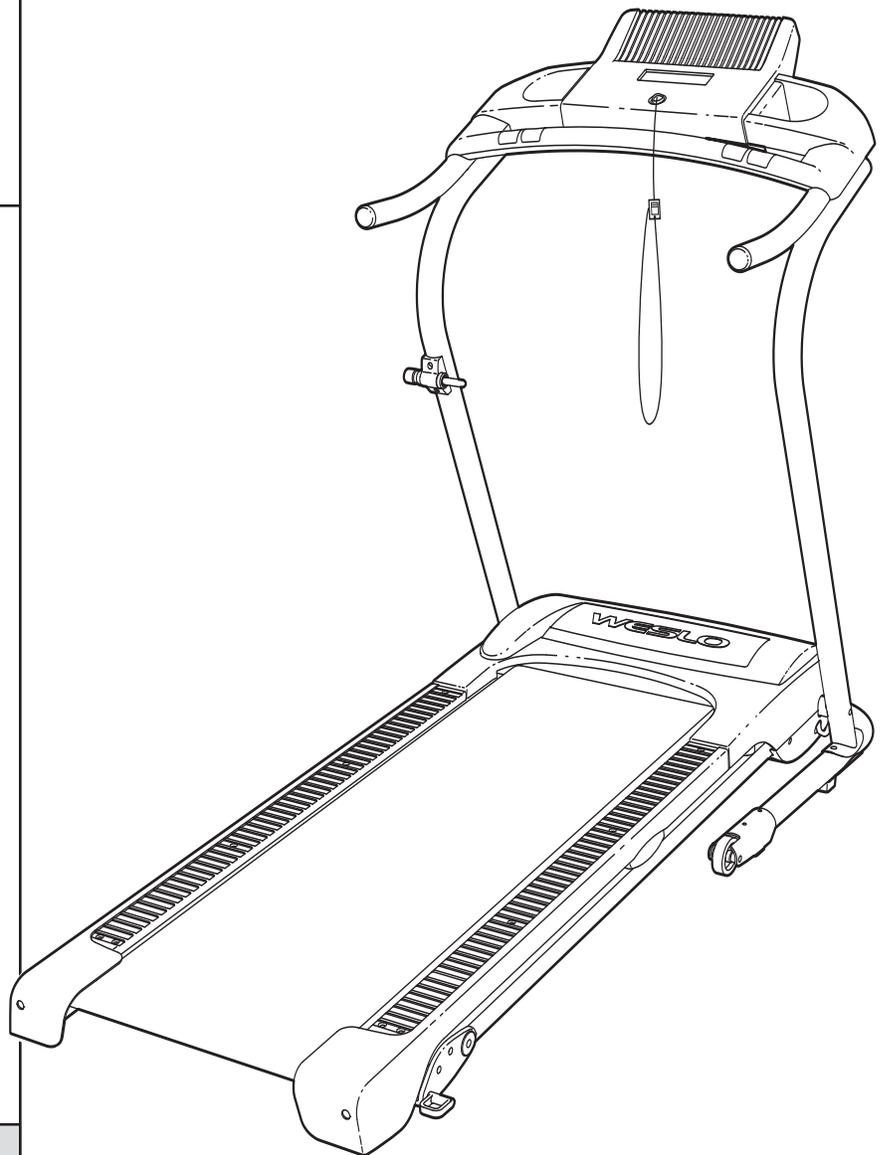
⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.


Visit our website at

www.iconeurope.com

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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

WARNING DECAL PLACEMENT

The warning decal shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.
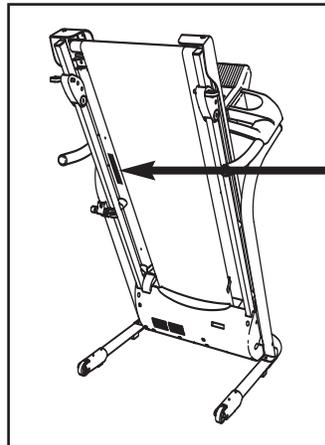
⚠WARNING:

Protect yourself and others from risk of serious injury. Read the user's manual and :

- Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.

- Never allow children on or around treadmill.
- Remove key when not in use.

- Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill. ICON assumes no responsibility for personal inury or property damage sustained by or through the use of this product.

1. Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.

3. Use the treadmill only as described in this manual.

4. Place the treadmill on a level surface, with at least 8 ft. (2.5 m) of clearance behind it and 2 ft. (0.5 m) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.

5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.

6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.

7. Keep children under the age of 12 and pets away from the treadmill at all times.

8. The treadmill should be used only by persons weighing 250 lbs. (113 kg) or less.

9. Never allow more than one person on the treadmill at a time.

10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.*

11. When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.

12. If an extension cord is needed, use only a 3-conductor, 14-gauge (1mm) cord that is no longer than 5 ft. (1.5 m).

13. Keep the power cord away from heated surfaces.

14. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See MAINTENANCE AND TROUBLESHOOTING on page 17 if the treadmill is not working properly.)

15. Read, understand, and test the emergency stop procedure before using the treadmill (see OPERATION AND ADJUSTMENT on page 10).

16. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.

17. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.

18. Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.

19. The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 15.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

21. When folding or moving the treadmill, make sure that the frame is securely held by the lock pin.

22. Do not change the incline of the treadmill by placing objects under the treadmill.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never drop or insert any object into any opening on the treadmill.

25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® LYNE 3500 treadmill. The LYNE 3500 treadmill combines advanced technology with innovative design to make your workouts at home more effective and enjoyable. And when you're not exercising, the LYNE 3500 treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.

Water Bottle Holder*

Handrail

Storage Latch

Walking Belt

Foot Rail

Rear Roller
Adjustment Bolts

Console

Key/Clip

Hood

Reset/Off
Circuit Breaker

Wheel

Incline Leg/Pin

* No water bottle is included
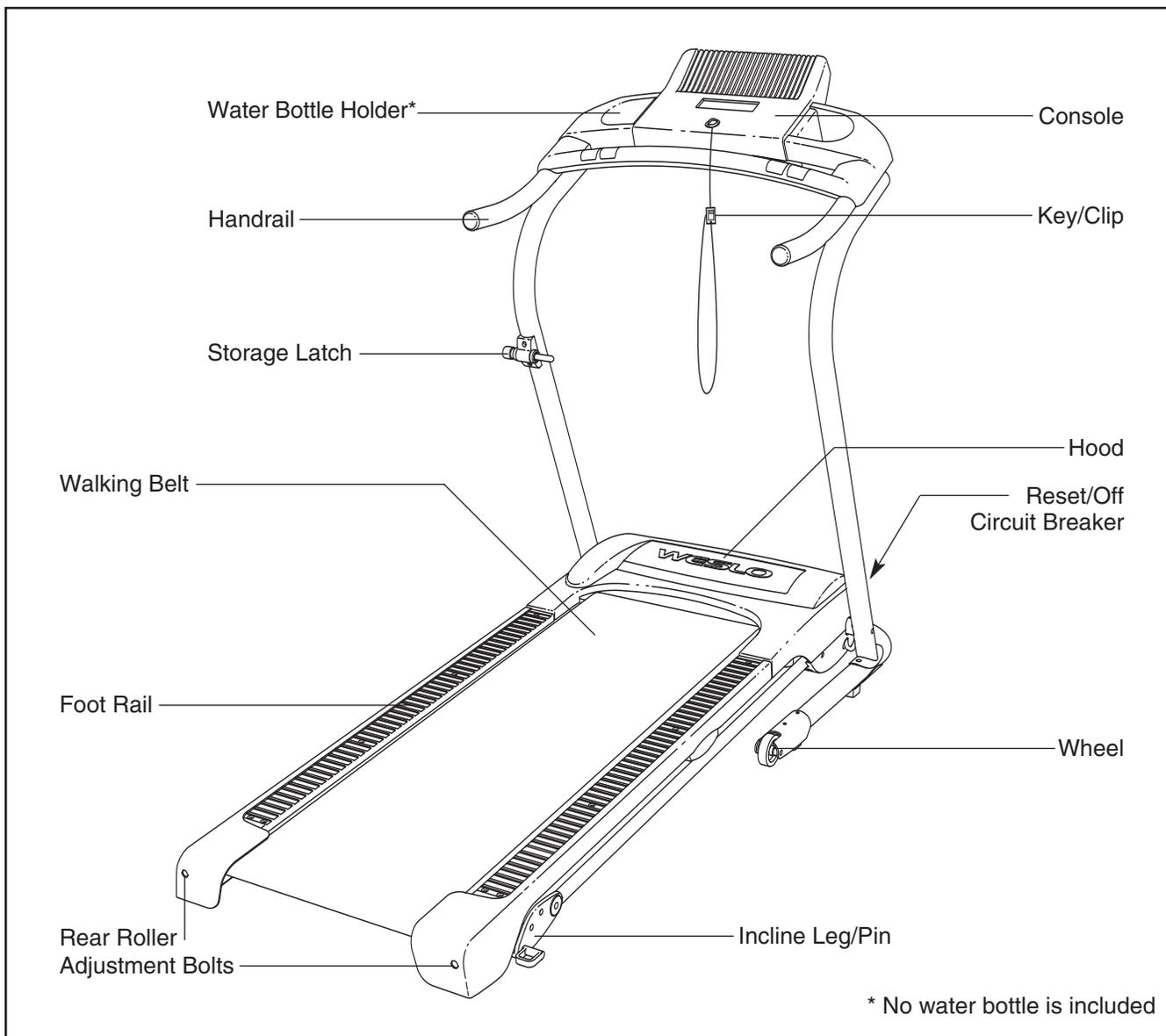
ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

In addition to the included hex key ⌐ **, assembly requires a Phillips screwdriver** (▤▭──◦ **, two spanners** ◎▱ **, and wire cutters** ✂◦ **.**

Note: To identify small parts used during assembly, see the PART IDENTIFICATION CHART in the center of this manual. Some parts may be preassembled. To avoid damaging plastic parts, do not use power tools for assembly.

1. Have a second person hold the Base (52) in the position shown.

   Identify the Left Upright (53) (the Right Upright [54] has a large hole near the lower end).

   Hold the Left Upright (53) so the bend is in the position shown. Insert two Upright Bolts (2) into the bracket on the Left Upright. Attach the Left Upright to the Base (52) with the Upright Bolts, two Frame Washers (14) and two Upright Nuts (16). **Do not tighten the Upright Nuts yet.**

   Attach the Right Upright (54) to the Base (52) in the same way.
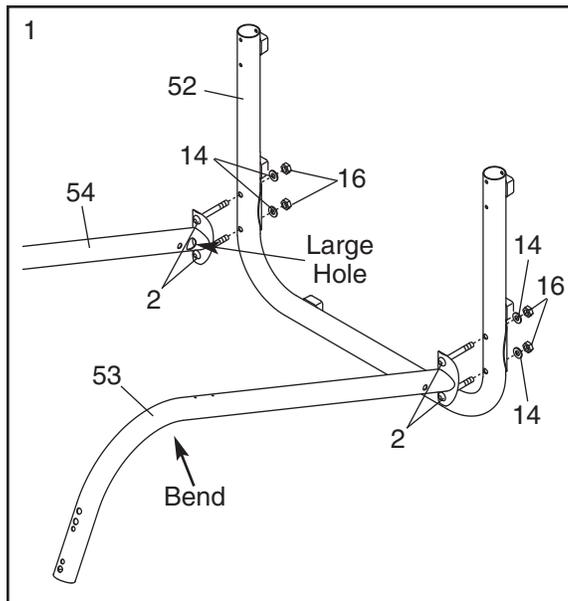
2. Slide the two Wheel Housings (62) onto the Base (52) with the head of the Wheel Bolts (35) on the outside as shown. Attach each Wheel Housing with two Wheel Housing Bolts (6), two Wheel Housing Washers (11), and two Wheel Housing Nuts (15).
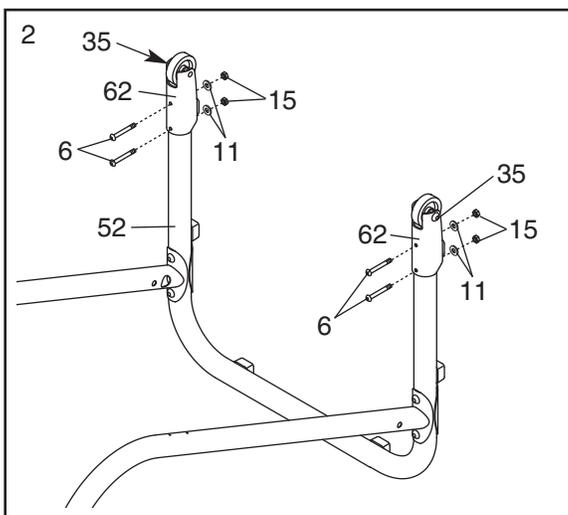
3. With the help of a second person, raise the Uprights (53, 54) so the Base (52) is flat on the floor as shown. Next, position the front of the treadmill Frame (51) between the Uprights.

See the inset drawing. Locate the wire inside of the lower end of the Right Upright (54). Secure the wire to the Wire Harness (98). Then, pull the upper end of the wire until the end of the Wire Harness is extending from the indicated hole in the upper end of the Right Upright. Remove the wire from the Wire Harness.

Have a second person lift and hold the front end of the Frame (51). Hold a Frame Spacer (111) between the Right Upright (54) and the Frame. Attach the Right Upright and the Frame Spacer to the Frame with a Frame Pivot Bolt (1), a Frame Washer (14), and a Frame Star Washer (9).

Repeat this step on the left side of the treadmill.
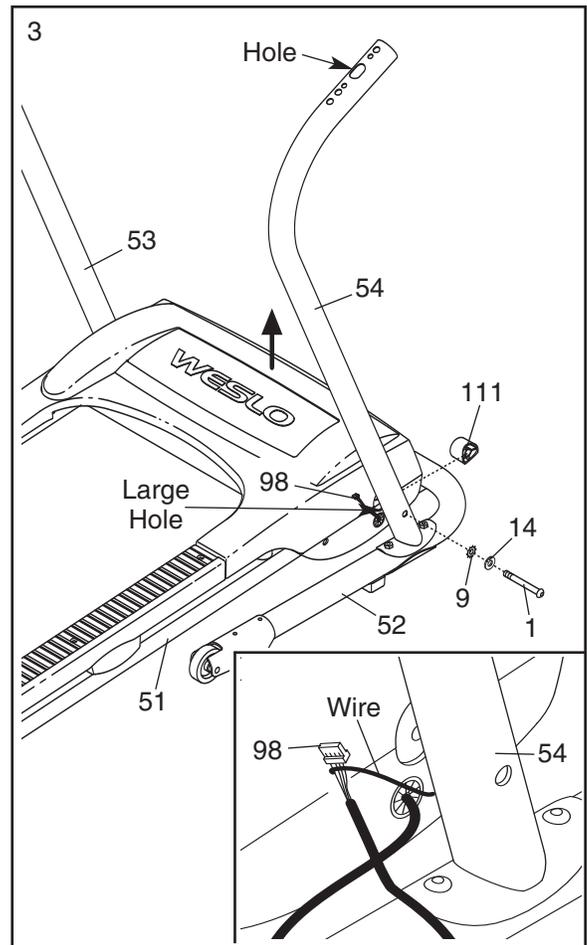
4. Turn the Console Assembly (91) facedown. **Be careful not to scratch the face of the Console Assembly.**

Identify the Right Handrail (55), which has a large hole in one side.

Attach the Right Handrail (55) to the Console Assembly (91) with two Console Screws (4), a Crossbar Screw (5), and a Crossbar Star Washer (12).
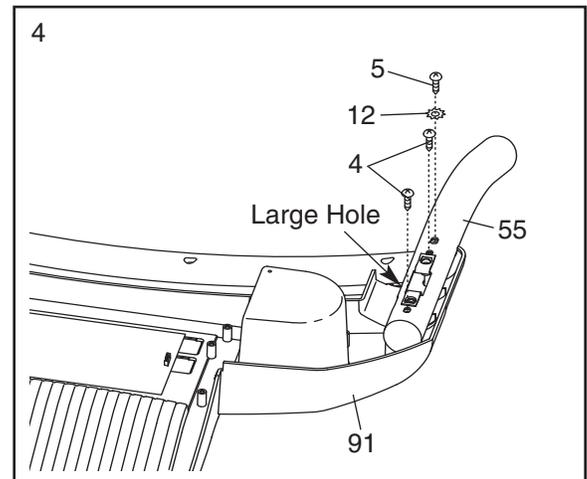
5. Place the Left Handrail (56) on the Console Assembly (91). Attach the end of the ground wire from the Console Assembly to the indicated small hole in the Left Handrail with the Silver Ground Screw (8).

   Attach the Left Handrail (56) to the Console Assembly (91) with two Console Screws (4), a Crossbar Screw (5), and a Crossbar Star Washer (12). **Be careful not to pinch the ground wire.**
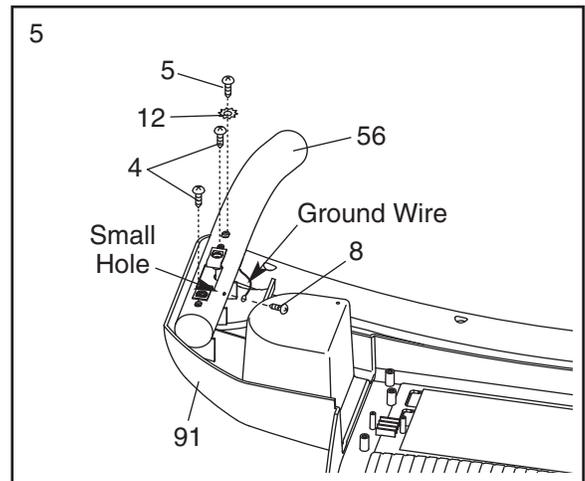
6. Hold the Console Assembly (91) near the Right Upright (54). **Touch the Right Handrail to discharge any static.**

   Insert the end of the Wire Harness (98) into the hole in the bottom of the Right Handrail (55) and out of the large hole in the side. Next, insert the end of the Wire Harness through the two looped plastic ties.

   Press the end of the Wire Harness (98) into the indicated connector on the back of the Console Assembly (91). **The end of the Wire Harness should slide easily into the connector and snap into place.** If it does not, turn the end of the Wire Harness and try again. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**
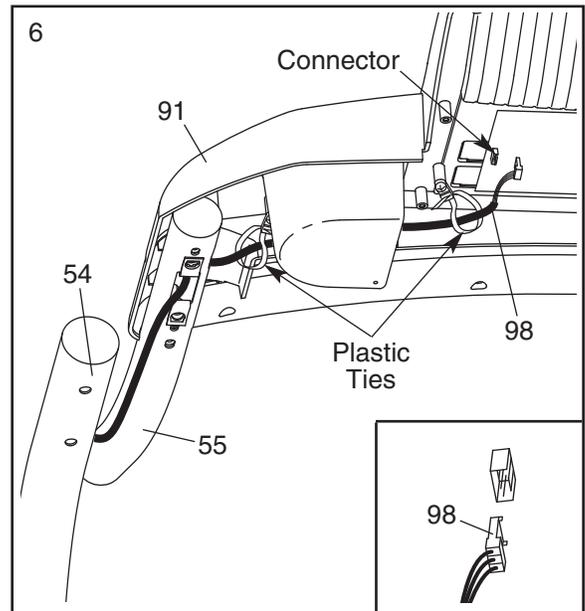
7. Insert the slack in the Wire Harness (98) downward into the Right Upright (54). Then, tighten the two plastic ties around the Wire Harness, and cut off the ends of the plastic ties.
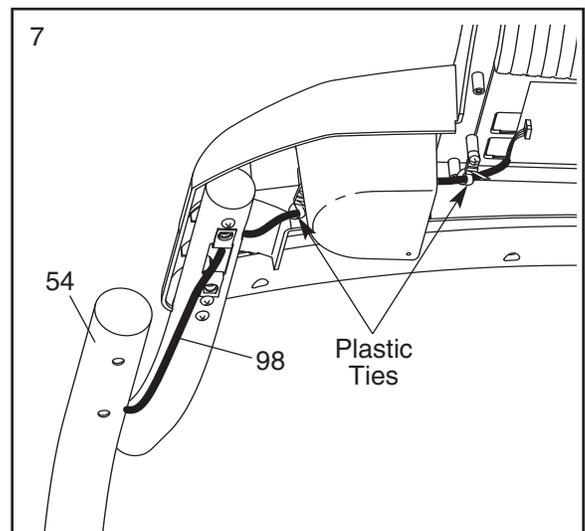
8. Set the Console Assembly (91) on the Right Upright (54) and the Left Upright (not shown). Next, start four Handrail Bolts (3) with four Handrail Washers (13) and four Handrail Star Washers (10) (only two of each are shown) into the Right Upright and the Left Upright. **Then, tighten all four Handrail Bolts.**

   Insert the slack in the Wire Harness (98) down into the Right Upright (54).

   Attach the Console Back (93) to the Console Assembly (91) with four Console Back Screws (7). **Make sure that the Wire Harness (98) is in the indicated slot in the Console Back and that no wires are pinched.**
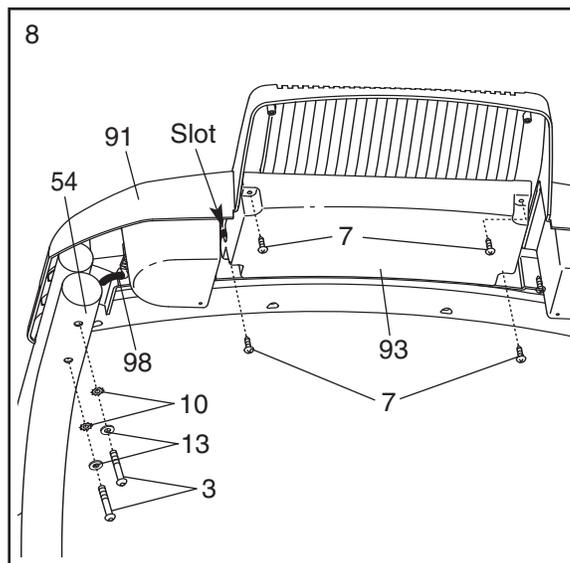
9. Carefully lower the Right and Left Handrails (55, 56) to the floor. Center the Frame (51) between the Handrails, and tighten the four Upright Bolts (2). Then, raise the Handrails back to the vertical position.

   See the inset drawing. Attach the Latch Assembly (108) to the Left Upright (53) with two Latch Screws (7). **Make sure that the Latch Assembly is oriented as shown.**

   See HOW TO CHANGE THE INCLINE OF THE TREAD-MILL on page 14. Adjust the incline of the treadmill as desired.
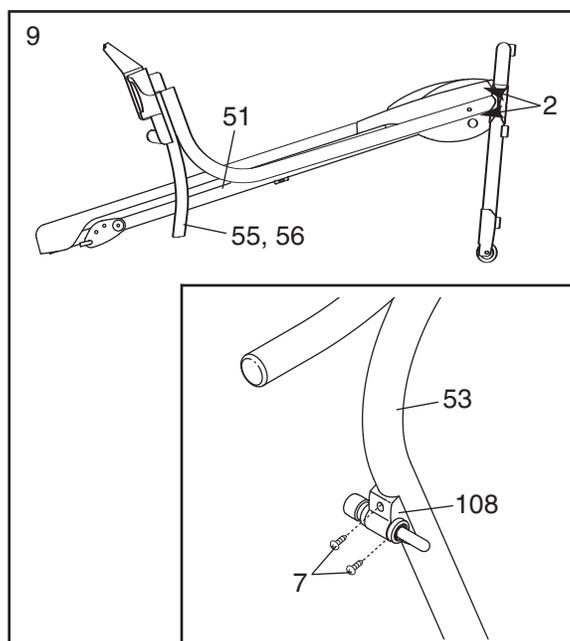
10. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 18). To protect the floor or carpet, place a mat under the treadmill.

# OPERATION AND ADJUSTMENT

THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.
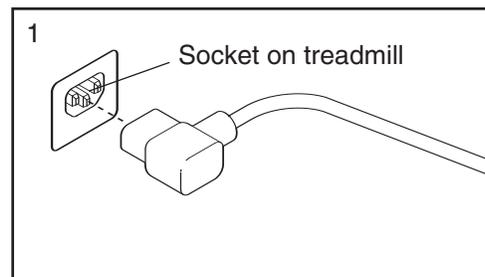
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**
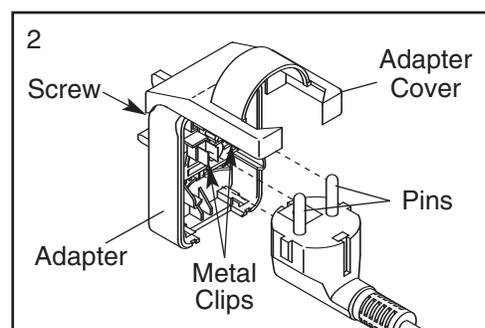
See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**
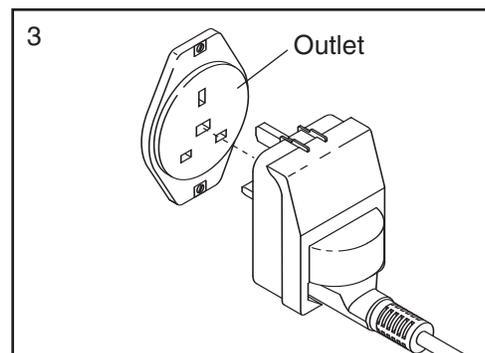
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM
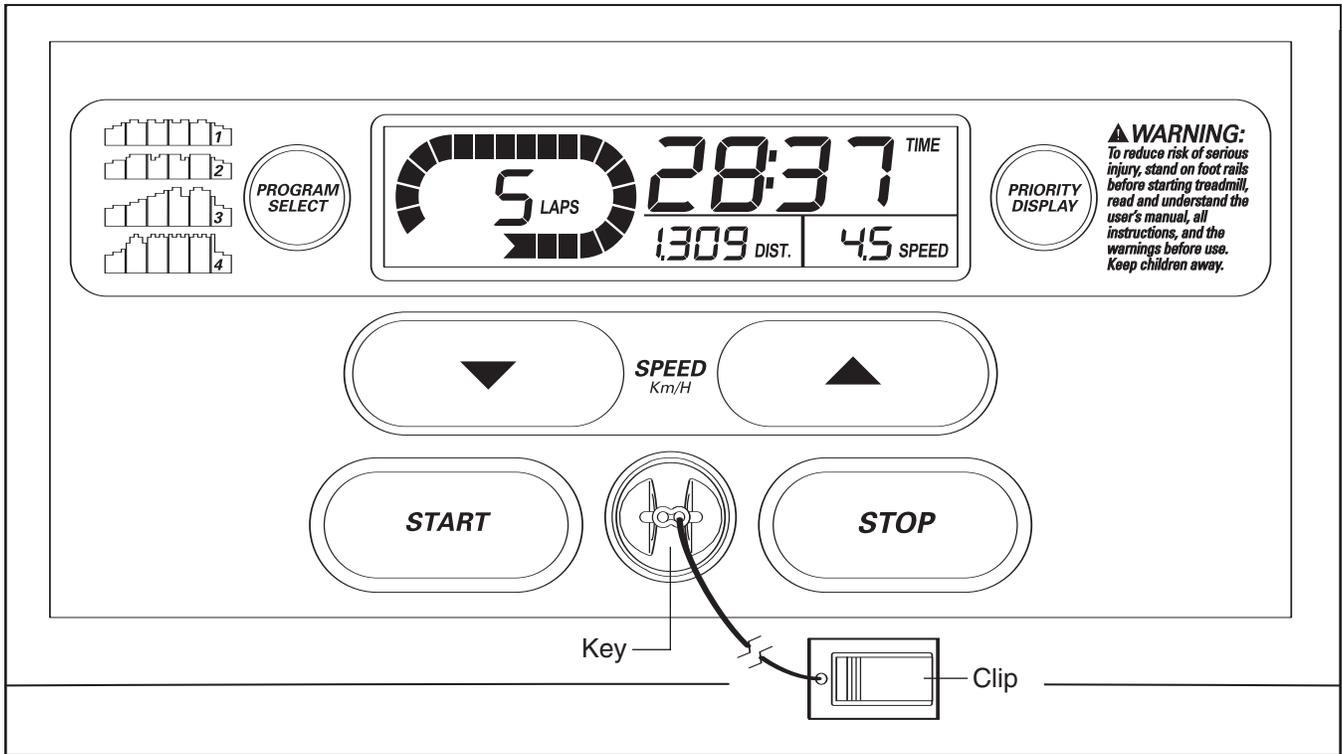
FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective.

While the manual mode of the console is selected, the speed of the treadmill can be changed with the touch of a button. As you exercise, the displays will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers four speed programs. Each program automatically controls the speed of the treadmill as it guides you through an effective workout.

Note: If there is a sheet of clear plastic on the console, remove the plastic. To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. During the first few minutes that the treadmill is used, inspect the alignment of the walking belt, and center the walking belt if necessary (see page 18).

HOW TO TURN ON THE POWER

IMPORTANT: If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 10). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Switch the circuit breaker to the reset position.
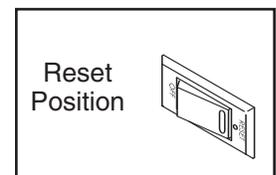
Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing above) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the displays will light. **IMPORTANT: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

HOW TO USE THE MANUAL MODE

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 11.

2. **Select the manual mode.**

   When the key is inserted, the manual mode will be selected. If you have selected a speed program, reselect the manual mode by pressing the Program Select button repeatedly until only zeros appear in the displays.
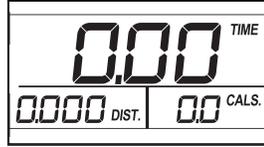
3. **Press the Start button or the Speed increase button to start the walking belt.**

   When either button is pressed, the walking belt will begin to move at 2 km/h. Hold the handrails and begin walking. As you exercise, change the speed of the walking belt as desired by pressing the Speed buttons. Each time a button is pressed, the speed setting will change by 0.1 km/h; if a button is held down, the speed setting will change in increments of 0.5 km/h. Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting.

   To stop the walking belt, press the Stop button. The time will begin to flash in one of the displays. To restart the walking belt, press the Start button or the Speed increase button.

4. **Follow your progress with the track and the three displays.**

   The track—The track represents a distance of 400 meters (1/4 mile). As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession. The center of the track will show the number of laps that you have completed.
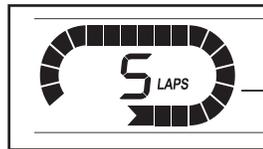
The lower left display—As you exercise, the lower left display can show the elapsed time and the distance that you have walked or run in miles or kilometers.
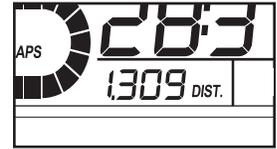
The lower right display—The lower right display can show the speed of the walking belt in miles or kilometers per hour and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 5 on page 13).

The priority display—The upper display is the *priority display.* The priority display can show the elapsed time, the distance that you have walked or run, the speed of the walking belt, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is shown in the priority display, the same information will not be shown in the lower left or lower right display.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in either kilometers or miles. To see which unit of measurement is selected, hold down the Stop button, insert the key into the console, and then release the Stop button. An "M" for metric kilometers or an "E" for English miles will appear in the priority display. Press the Speed increase button to change the unit of measurement. When the desired unit of measurement is selected, remove the key and then reinsert it.
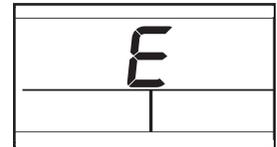
5. **Measure your heart rate if desired.**

Before using the hand-grip pulse sensor, re-move the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.
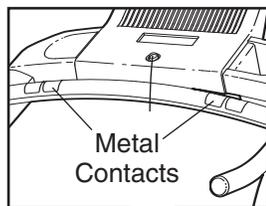
Metal Contacts

To measure your heart rate, **stand on the foot rails** and hold the metal contacts—**avoid moving your hands**. When your pulse is detected, the small heart symbol in the lower right display will flash, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

6. **When you are finished exercising, remove the key from the console.**

Step onto the foot rails, press the Stop button. Next, remove the key from the console and put it in a se-cure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the "off" position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill's electrical compo-nents may wear prematurely.**

HOW TO USE A SPEED PROGRAM

1. **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 11.

2. **Select one of the four speed programs.**

To select a speed pro-gram, press the Program Select button repeatedly; "P-1," "P-2," "P-3," or "P-4" will ap-pear in the priority dis-play for a few seconds to show which program is selected. The maximum speed setting of the se-lected program will also appear in one of the dis-plays for a few seconds.

P- 1

0.000 DIST.   7.0 SPEED
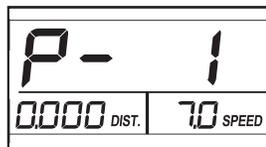
Each program consists of 30 one-minute seg-ments. One speed setting is programmed for each segment. Note: The same speed setting may be programmed for two or more consecutive seg-ments. The profiles on the left side of the Program Select button show how the speed of the walking belt will change during the programs.

3. **Press the Start button or the Speed increase button to start the program.**

When either button is pressed, the treadmill will au-tomatically adjust to the speed setting that is pro-grammed for the first segment of the program. Hold the handrails and begin walking.

When the first segment ends, a series of tones will sound. If a different speed setting is programmed for the second segment, the speed setting will flash in one of the displays to alert you, and then **the speed of the walking belt will change.** The pro-gram will continue until all 30 segments are com-pleted. The walking belt will then slow to a stop.

If the speed setting is too high or too low during the program, you can manually override the setting by pressing the Speed buttons. However, **when the next segment begins, the speed of the walking belt will change if a different speed setting is programmed for the next segment.**

To stop the program, press the Stop button. The time will begin to flash in one of the displays. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the next segment begins, the speed of the walking belt will change if a differ-ent speed setting is programmed for the next seg-ment.

4. **Follow your progress with the track and the three displays.**

See step 4 on page 12.

5. **When you are finished exercising, remove the key from the console.**

See step 6 on this page.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, you can change the incline of the treadmill. There are three incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see page 15).
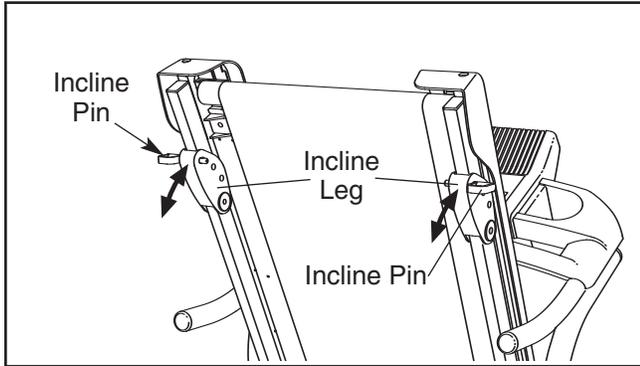
To change the incline, first remove the incline pin from one of the incline legs. Adjust the incline leg to the desired position, and then fully reinsert the incline pin. Adjust the other incline leg in the same way. **CAUTION: Before using the treadmill, make sure that both incline legs are at the same height and that both incline pins are fully inserted into the incline legs.**

After you have adjusted the incline legs, lower the treadmill (see page 16).

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

Unplug the power cord. CAUTION: You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure to bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs with your back.** Raise the frame about halfway to the vertical position.
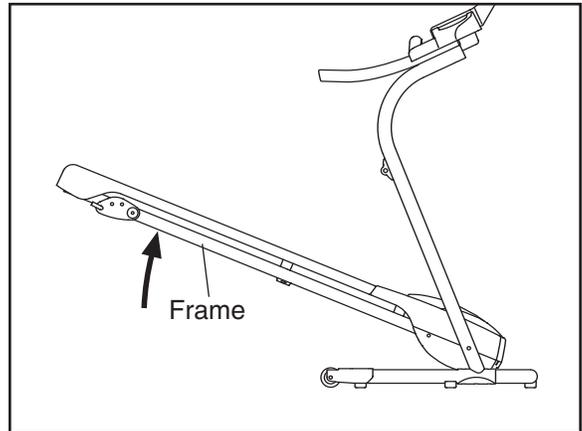
Frame

2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch is past the latch pin. Then, slowly release the latch knob; **make sure that the latch pin is resting against the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).

Latch Pin
Latch Knob
Catch
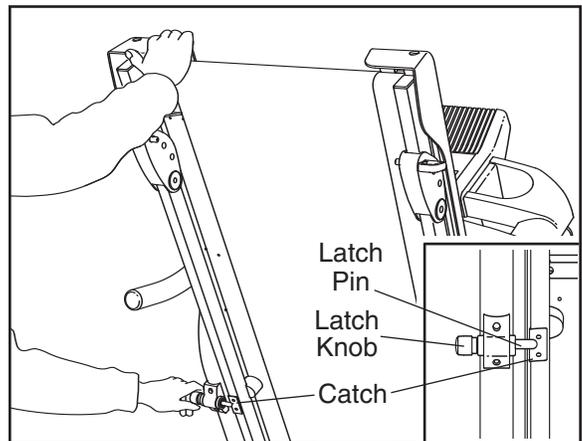
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is resting against the catch.**

1. Hold the handrails and place one foot against one of the wheels. **Do not pull back on the frame.**

2. Tilt the treadmill backward until it rolls freely on the wheels, and carefully move the treadmill to the desired location. **Never move the treadmill without tipping it backward. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is in the storage position.

Frame
Handrail
Wheel
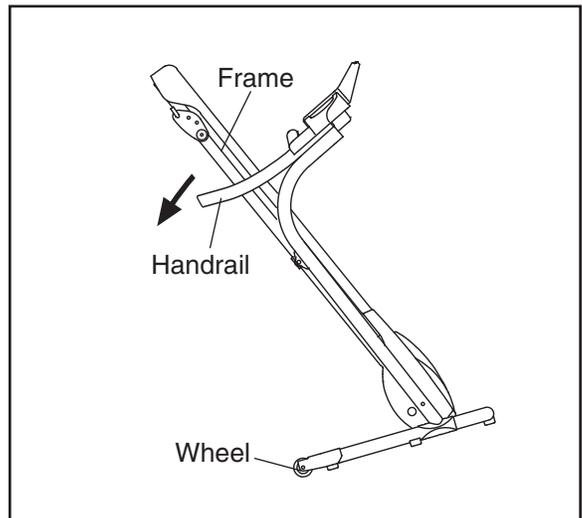
HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand
    as shown. Using your left hand, pull the latch knob to the
    left and hold it. Next, lower the frame until it is past the
    latch pin. Then, release the latch knob.

Latch
Pin

Latch
Knob

Catch
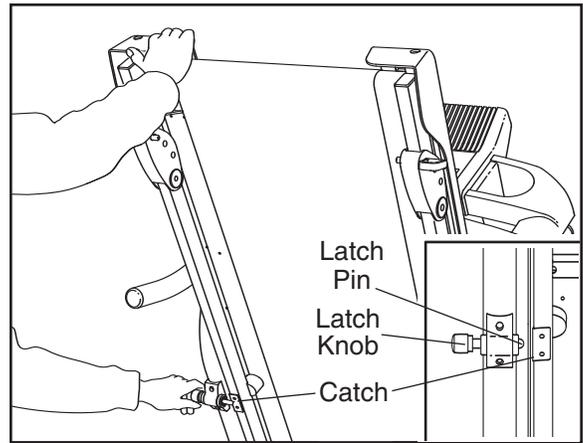
2. Hold the frame firmly with both hands, and lower it to the
    floor. **To decrease the possibility of injury, bend your
    legs and keep your back straight.**
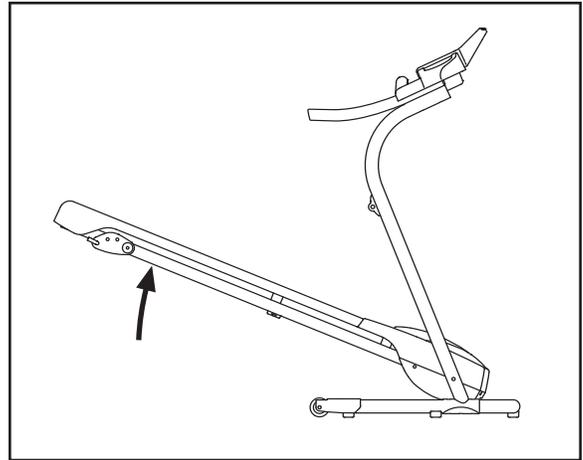
MAINTENANCE AND TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

PROBLEM: **The power does not turn on**

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 14-gauge (1 mm²) cord that is no longer than 5 ft. (1.5 m). Important: The treadmill is not compatible with GFCI-equipped outlets.

     b. After the power cord has been plugged in, make sure that the key is inserted into the console.

     c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.
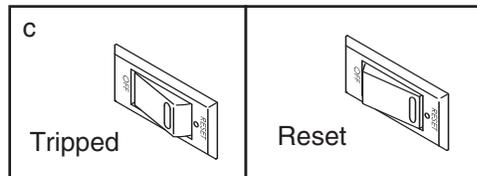
Tripped   Reset

PROBLEM: **The power turns off during use**

SOLUTION: a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

     b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

     c. Remove the key from the console. Reinsert the key into the console.

     d. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: **The displays of the console do not function properly**

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the five indicated Hood Screws (20) and the two Foot Rail Screws (25). Then, carefully remove the Hood (65).
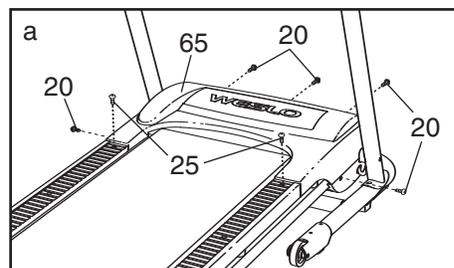
Locate the Reed Switch (97) and the Magnet (105) on the left side of the Pulley (104). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the Screw (21), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.

3 mm   104
21   105
97

Top View
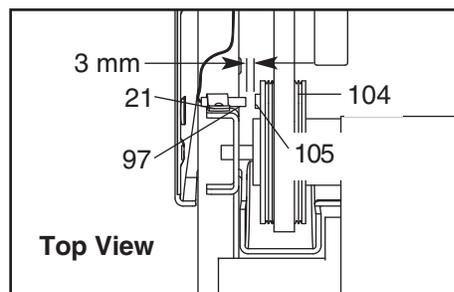
PROBLEM: **The walking belt slows when walked on**

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 5 ft. (1.5 m).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
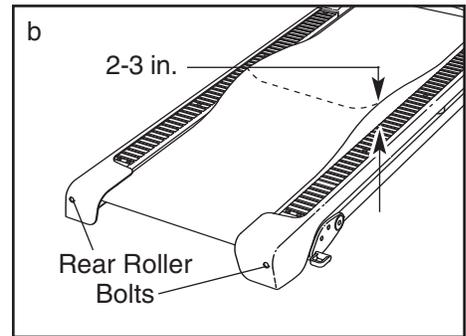
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: **The walking belt is off-center or slips when walked on**

SOLUTION: a. If the walking belt is off-center, remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left rear roller bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.
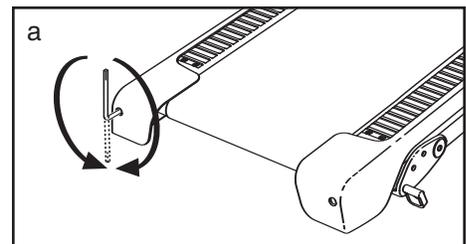
b. **If the walking belt slips when walked on,** first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 2 to 3 in. (5 to 7 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.
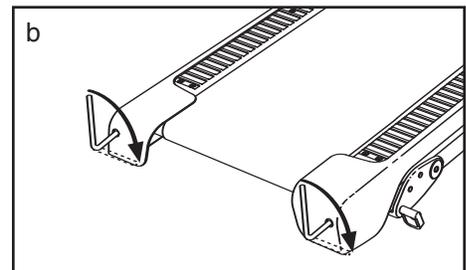
EXERCISE GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning, maximum fat burning, and aerobic exercise.

165	155	145	140	130	125	115	💗
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warm-up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

Cool-down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to provide the following information when contacting us:

• the model number and the serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the part(s) (see the PARTS LIST and the EXPLODED DRAWING in the center of this manual)

RECYCLING INFORMATION

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.
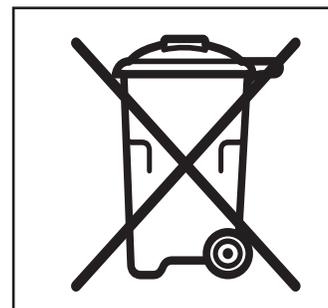
PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included.

Wheel Housing Washer (11)–4

Crossbar Star Washer (12)–2

Silver Ground Screw (8)–1

Console Screw (4)–4

Crossbar Screw (5)–2

Latch/Console Back Screw (7)–6
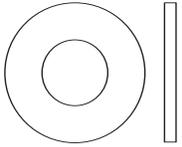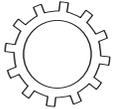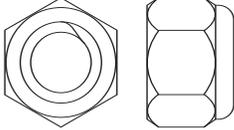
Handrail Washer (13)–4

Handrail Star Washer (10)–4

Upright Nut (16)–4

Wheel Housing Bolt (6)–4
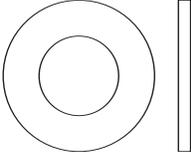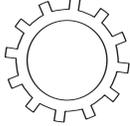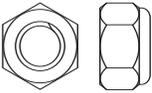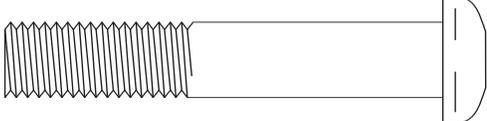
Upright Bolt (2)–4

Frame Washer (14)–6

Frame Star Washer (9)–2

Wheel Housing Nut (15)–4

Handrail Bolt (3)–4

Frame Pivot Bolt (1)–2

PART LIST—Model No. WETL14707.0

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Frame Pivot Bolt	43	4	Incline Leg Washer	86	1	Reset/Off
2	4	Upright Bolt	44	2	Motor Tension Nut			Circuit Breaker
3	4	Handrail Bolt	45	2	Frame Pivot Nut	87	1	Controller
4	4	Console Screw	46	5	Nut	88	1	Transformer
5	2	Crossbar Screw	47	5	Hood Clip	89	1	Filter
6	4	Wheel Housing Bolt	48	4	Handrail Nut	90	1	Power Cord
7	6	Latch Screw/	49	3	Small Nut	91	1	Console
		Console Back Screw	50	2	Isolator Fastener	92	1	Console Crossbar
8	1	Silver Ground Screw	51	1	Frame	93	1	Console Back
9	2	Frame Star Washer	52	1	Base	94	1	Receptical
10	4	Handrail Star Washer	53	1	Left Upright	95	1	4" Ground Wire
11	4	Wheel Housing	54	1	Right Upright	96	1	6" Ground Wire
		Washer	55	1	Right Handrail	97	1	Reed Switch
12	2	Crossbar Star Washer	56	1	Left Handrail	98	1	Wire Harness
13	4	Handrail Washer	57	1	Electronics Bracket	99	1	Outlet Plate
14	6	Frame Washer	58	1	Dust Guard	100	1	Walking Platform
15	4	Wheel Housing Nut	59	1	Motor Bracket	101	1	Walking Belt
16	6	Upright Nut	60	1	Left Rear	102	1	Tie Holder Screw
17	1	6 mm Hex Key			Roller Bracket	103	2	Belt Guide
18	1	4 mm Hex Key	61	1	Right Rear	104	1	Front Roller/Pulley
19	2	Roller Bracket Screw			Roller Bracket	105	1	Magnet
20	5	Hood Screw	62	2	Wheel Housing	106	1	Motor Belt
21	13	Screw	63	6	Base Pad	107	1	Rear Roller
22	1	Front Roller Adj. Bolt	64	1	Latch Catch	108	1	Latch Assembly
23	1	Ground Screw	65	1	Hood	109	1	Key/Clip
24	2	Outlet Plate Bolt	66	1	Belly Pan	110	2	Incline Pin
25	10	Foot Rail Screw	67	1	Left Foot Rail	111	2	Frame Spacer
26	6	Base Pad Screw	68	1	Right Foot Rail	112	1	Power Adapter
27	2	Walking Platform Bolt	69	2	Incline Leg	113	1	Warning Decal
28	4	Belt Guide Screw	70	2	Wheel	*	–	6" Red Wire, M/F
29	2	Rear Roller Adj. Bolt	71	4	Wheel Spacer	*	–	4" Black Wire, M/F
30	2	Motor Bolt	72	1	Motor Isolator	*	–	4" Blue Wire, M/F
31	1	Motor Pivot Bolt	73	2	Motor Bushing	*	–	8" Blue Wire, 2F
32	2	Incline Leg Bolt	74	2	Frame Endcap	*	–	10" Blue Wire, 2F
33	2	Isolator Screw	75	2	Upright Endcap	*	–	6" White Wire, 2F
34	2	Motor Tension Bolt	76	4	Handrail Endcap	*	–	10" White Wire, 2F
35	2	Wheel Bolt	77	2	Platform	*	–	8" Green/Yellow Wire
36	2	Rear Roller			Cushion, Front	*	–	4" Black Wire, 2F
		Star Washer	78	2	Platform	*	–	User's Manual
37	1	Front Roller			Cushion, Center			
		Star Washer	79	1	Drive Motor			
38	2	Motor Star Washer	80	4	Wire Tie			
39	2	Outlet Plate Washer	81	4	8" Tie			
40	1	Ground Star Washer	82	1	Tie Holder			
41	11	Tek Screw	83	1	Reed Switch Clip			
42	2	Electronics Star	84	1	Belly Pan Grommet			
		Washer	85	1	Grommet			

*These parts are not illustrated. Specifications are subject to change without notice.